



1530 Poplar Dr.
Medford, OR 97504

STAMP

HERE



Administrative Staff:

SAMANTHA HAMILTON

Executive Director

DIANA RUSHING

ISABEL PADRON

Resident Care Coordinator

MARRIE REINHEARDT

Business Office Manager

NONA Mc DOWELL

Registered Nurse

TISH SHAFFER SNYDER

Licensed Practical Nurse

MARGARET TEPOVAC

Dietary Director

KIM WILLIAMS

Maintenance Director

DAWN RAND

Activities Director

Contact us at:

541-770-9080



Our mission is to
create and sustain
comfortable, caring
environments for
those who depend on
us.

The Farmington Times

Farmington Square Memory Care Newsletter

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February 2018 Edition

Detection for Prevention: A Look into Regular Cancer Screenings for Seniors

Regular health screenings can empower us with knowledge about our health. They can also give us the possibility to stall, stop, or receive support for a health issue so that we can lead our best lives. February is National Cancer Prevention Month. This month was designated to share information about lifestyle choices that may lead to cancer as well as the importance of early detection.



The American Cancer Society provides screening recommendations for seniors with average risk--those who do not present a high risk due to genetics or lifestyle. For many older adults, screenings for cancer can be beneficial. Largely due to the early detection that screening provide, the mortality rate for cancer has steadily declined over the past two decades - down 26 percent from 1991.

Screening Suggestions for Men:

- Colon cancer testing should begin at 50. At 65 or older, it is also recommended. Talk with your healthcare provider about the best test type (as there are many) and how often to get tested.
- Prostate cancer testing should be discussed with your healthcare provider at 50 and should depend on overall health when over 65. Talk with your healthcare provider about uncertainties, risks, and benefits.
- Lung cancer testing should be discussed with your healthcare provider at 55 or older. Low-dose CT scans for early detection should be discussed. The same is recommended for those 65 or older and with a smoking history.

Screening Suggestions for Women:

- For women, age 50-54, annual mammograms

are recommended. At 55, they can be every two years, or annually if preferred. Learn the screening pros and cons. At 65 or older, mammograms should be every two years, or annually. If at high risk for breast cancer, ask your healthcare provider if other tests should accompany the mammogram.

- At 50-64, women should get a Pap test and HPV test every five years, or just a Pap test every three years. No testing is needed after a hysterectomy that removed

the uterus and cervix - if removal was unrelated to cervical cancer. At 65 or older, no cervical cancer testing is needed if results were normal during the previous 10 years.

- Colon cancer testing should start at 50. There are several testing options that ought to be discussed with your healthcare provider. At 65 or older, testing is also recommended. Talk with your healthcare provider about the best test type and how often to do it.
- Lung cancer testing should be discussed with your healthcare provider when over 55. Low-dose CT scans for early lung cancer detection should be discussed at that time. At 65 or older, and with a smoking history, the same recommendation is given.

In addition to getting screenings and being aware of risk level (from personal and family history), one can reduce their risk of cancer by avoiding tobacco, getting to and staying at a healthy weight, engaging in regular physical activity, following a healthy diet, limiting alcohol intake, and protecting skin.

Memories in the Making!



Happy Compliment Day! The best compliment ever was when...

"My student told me that I was her favorite teacher!"

- Mary Lou

"My friend said she liked my smile!"

- Phyllis

"My grand daughter said that I was the best grandpa!"

- Robert

"My family said that I was a great father and husband!"

- Jim

February Highlights — You're Invited!

Feb 7: Bob Isom is playing the piano @ 3:00

Feb 13: Celia Canty will be playing the harp @ 3:00

Feb 14: Join us for our Valentine's Party @ 2:30

Feb 19: Join us for Heart & Hope Music @ 3:00

Feb 26: Join us for lunch at Debby's Diner @ 12:00.



Wishing you and your loved ones a Happy Valentine's Day!

In honor of Compliment Day on February 24, we turned to our residents and team members to find out the best compliment they have ever received.

"Someone said that they loved my zest for life"
- Diane

"My mother said that I was beautiful"
- Joy

"My best friend said that I was brave!"
- Judy

Meet Our RCC's

Farmington Square is lucky to have two amazing Resident Care Coordinators (RCC's). These two seamlessly handle not only the needs of our residents, but our staffing as well.

Diana has worked for Farmington Square for about six years. She began her career here as a night shift caregiver. Currently, Diana handles care conferences with families and you have probably sat with her to discuss the changing needs of your loved ones. Diana has a wonderful perspective on this disease and is able to help families dealing with changing needs.

Isabel has been at Farmington Square for a year and a half; although she has an extensive history of resident care from when she lived in Florida. Currently, Isabel handles staffing for us. You can often find her on the floor training and keeping staff flowing. Together Diana and Isabel handle each individual need of our residents and staff.

They are here to support families understand disease progression and each bring a unique perspective. If you have not met Diana or

Isabel, please feel free to track them down next time you are at Farmington Square to say hi and get to know them. We are so happy to have these two on our team and look forward to many years of success with their leadership.



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February 2018

FARMINGTON SQUARE
1530 POPLAR DRIVE
MEDFORD, OR 97504
541-770-9080

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RESIDENT BIRTHDAYS: FEB. 7 VIVIAN M. FEB. 27 CHRIS M.	EMPLOYEE BIRTHDAYS: FEB. 4 ALENA M. FEB. 15 DARIAN T. FEB. 15 MARIA T. FEB. 24 JONATHAN L. FEB. 26 DAWN R.			1 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Balloon Volley Ball 4:00 Table Games	2 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Men's Group 4:00 One on One	3 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Strolls 2:00 Therapy Dogs 3:00 Sensory Hour 4:30 Table Games
4 9:30 Beautiful You 11:30 Church / One on One 1:45 Sunday Stroll 2:15 Music in Motion 3:00 Church / Hymns 4:00 Table Games	5 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Heart & Hope Music 4:00 One on One	6 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 CheeryO Bird Feeders 4:00 Table Games	7 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Bob Isom on piano 4:00 One on One	8 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Family Feud 4:00 Table Games	9 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Dairy Queen 4:00 One on One	10 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Strolls 2:15 Classic Movie 3:00 Sensory Hour 4:30 Table Games
11 9:30 Beautiful You 11:30 Church / One on One 1:45 Sunday Stroll 2:15 Music in Motion 3:00 Church / Hymns 4:00 Table Games	12 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Scenic Drive 4:00 One on One	13 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Celia on the Harp 4:00 Table Games	14 Valentine's Day! 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 1:00 Afternoon Strolls 2:30 Valentine Party 4:00 One on One	15 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 2:30 Monthly Bday Party 3:00 Tracy on guitar	16 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Ladies Tea 4:00 One on One	17 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Strolls 2:15 Classic Movie 3:00 Sensory Hour 4:30 Table Games
18 9:30 Beautiful You 11:30 Church / One on One 1:45 Sunday Stroll 2:15 Music in Motion 3:00 Church / Hymns 4:00 Table Games	19 Presidents' Day! 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Heart & Hope Music 4:00 One on One	20 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Sing A Long 4:00 Table Games	21 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 Heritage Fellowship 4:00 One on One	22 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Baking Club 4:00 Table Games	23 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 French Fry Outing 4:00 One on One	24 9:30 Beautiful You 11:30 Reading Circle 1:45 Saturday Strolls 2:15 Classic Movie 3:00 Sensory Hour 4:30 Table Games
25 9:30 Beautiful You 11:30 Church / One on One 1:45 Sunday Stroll 2:00 Therapy Dogs 3:00 Church / Hymns 4:00 Table Games	26 9:30 Beautiful You 10:45 Morning Exercise 12:00 Debby's Diner 2:00 Balloon Toss 3:00 Reading Circle 4:00 One on One	27 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Ball Toss 3:00 Resident Council 4:00 Table Games	28 9:30 Beautiful You 10:45 Morning Exercise 11:45 Reading Circle 2:00 Balloon Toss 3:00 David Christian 4:00 One on One			Daily Activities: 10:30 Refreshment Social 1:00 Afternoon Strolls 2:30 Refreshment Social 5:00 Music Appreciation *Schedule Subject to Change

February Birthdays

Resident Birthdays:

Feb. 7

Vivian M.

Feb. 27

Chris M.

Employee Birthdays:

Feb. 4

Alena M.

Feb. 15

Darian T.

Feb. 15

Maria T.

Feb. 24

Jonathan L.

Feb. 26

Dawn R.

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4 10:30 Card-O 11:00 Church / Hymns 1:30 Puzzle Time 3:00 Church / Bingo 4:00 Table Games 5:00 Music Appreciation	5 9:30 Name 5 Game 11:00 Chair Boxing 1:00 Afternoon Strolls 1:30 Bingo 3:00 Heart & Hope Music 4:00 Reading Club	6 9:30 Card-O 11:00 Music in Motion 1:00 Afternoon Strolls 1:30 Bingo 3:00 Sequencing 4:00 Table Games	7 9:30 Ante Up Game 11:00 Latin Soul 1:00 Afternoon Strolls 1:30 Bingo 3:00 Bob Isom on Piano 4:00 Reading Club	8 9:30 Trivia Thursday 11:00 Sit & Be Fit 1:00 Afternoon Strolls 1:30 Bingo 3:00 Remember When? 4:00 Table Games	9 9:30 Card-O 11:00 Whoga 1:00 Afternoon Strolls 1:30 Bingo 3:00 Dairy Queen 4:00 Reading Club	10 10:30 Name 5 Game 1:00 Afternoon Strolls 1:30 Puzzle Time 3:00 Bingo 4:00 Classic Movie 5:00 Music Appreciation
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